



Bike to School Week

Activity Ideas

Last week of May (or any time in May or June)



Get ready to roll for bike to school week! Below are ideas on how you can celebrate and congratulate children for cycling to school. See the back of this sheet for educational content and prize ideas.

Biking to/at School



- Group ride to school or a one-day bike train: Get parents and student leaders together, choose meeting locations and times, create signs, attach balloons to the bikes, flash some bike lights, or choose a colour/theme, and bike to school together.
- Giveaways: Stickers, snacks, bells, lights, reflectors, reflective tape.
- Smoothie bike/Bike blender: a blender powered by pedalling on a bicycle.
- Group ride to a nearby park, trail, heritage site, or other scenic or popular destination.
- I-Spy: students pick a theme for each day related to bikes, (ex. bicycle parking areas, types of bikes, number of bikes, etc.).
- Helmet selfie station.

Assemblies



- Cheer/dance routine (with or without bikes).
- Video/slideshow with popular parts of the neighbourhood or nearby bike routes/trails.
- Slideshow of celebrities who like to bike or of different types of cycling.
- Guest speakers: public health nurse, athlete alumni, local police officer, local councilors, local celebrities, or journalists.
- Slow bike race with teachers.

Peer Motivation



- Club cards: Give a stamp on the club card for each time a student bikes to school.
- Song-writing/Cheer-writing contests.
- Photo contest.
- Poster or postcard design contest.
- Raffle.
- Classroom banner competition.
- Golden Shoe Trophy for the classroom with the most students walking/wheeling.
- Kilometre club: Students compete to bike more kilometres.

Classroom Activities



- Math
- Classroom walking/wheeling graphs.
 - Tracking: Have students put a sticker or check mark for each time they walk/wheel to school.
- Language
- Story-writing about students' favourite bike ride to/from school.
- Physical/Health Education
- Bike Rodeo/bike festival (see our Tips for Organizing Successful Bike Rodeos for more information).
 - Bike Clinic: invite a local bike shop to teach maintenance.
- Art
- Posters created by students to promote biking.



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Raise awareness & share ideas

Here are messages that you can share in your posters, announcements, school newsletters, bulletin boards, social media, and other popular communications materials at your school.

Biking to school is beneficial and **fun**.

- Raise awareness about the benefits of active school travel. Biking to school is healthy, environmentally friendly, and great for getting to know the neighbourhood and creating community connections. See our **website** for details.
- Ask students to share what they like best about their bike ride to school.
- Ask students and parents about recommended biking routes.

Biking to school can also be done **safely** and **comfortably**. Give tips on:

- Dressing for wet weather
- Locking bikes in safe places
- Riding on roads and trails in different weather conditions
- Helmet fitting
- Requesting infrastructure improvements

Students who live **too far** to bike to school **can still get active** by:

- Getting dropped off a few blocks away from school and biking the rest of the way.
- Biking to the nearest transit stop and riding the rest of the way.



Prize Ideas

Prizes can be simple and affordable. Prizes are most effective when they help students continue to walk/wheel to school. Here are some ideas:

- Principal dresses up in a costume
- Staff does a tricycle or slow bike race
- Certificates or Hall of fame
- Gift certificate or coupon to neighbourhood restaurants, cafés, or stores
- Food tour by bike or other exploratory trips by bike
- Cycling sport-related field trip (racing or non-racing): There are a number of cycling sports for different seasons. These sports can also be adjusted for people with different (dis)abilities. Some of these sports are done in parks while others are done in cycling arenas or other venues.